



# Westport Center for Senior Activities News!

**April — May — June 2021**

Dear Friends and Participants:

I hope this newsletter finds you healthy and vaccinated! I know the process to get vaccinated has been challenging to say the least, but hopefully this is the next step toward turning to a sense of normalcy. I continue to remain optimistic that we will conquer COVID-19 and get back to the way our lives were back in March 2020. Of course, I continue to pray for all who have suffered or who have lost a loved one throughout this horrible pandemic. A shout out to all the front-line workers and to our scientists who have been heroes throughout these past 11 months.

I'm excited to share our April – June newsletter with you and am confident that you'll find many activities and programs that will challenge your mind, body and soul. Thank you to Program Manager, Holly Betts and Jason Wilson, Assistant Program Coordinator for continuing to be creative and inspirational with your ideas and programs. I'm confident you'll find lots to partake in.

I'd also like to acknowledge our food service provider, Creative Culinary for continuing to provide well-balanced and delicious meals for our numerous drive through programs. We've all had to be creative and flexible during the pandemic and Chef Jose and Chef Louis have certainly stepped up to the plate. Your efforts are appreciated!

Please continue to stay safe, practice social distancing, wear a mask (or two!), wash your hands frequently and stay in your bubble.

With warm regards,

*Sue*

All the great things are simple, and many can be expressed in a single word: FREEDOM, JUSTICE, HONOR, DUTY, MERCY, HOPE.

*Winston Churchill*



## How to Contact Us?

The WCSA staff is available by telephone  
Monday—Friday from 8:30 am to 4:30 pm:  
203.341.5099

Our e-mail: [seniorcenter@westportct.gov](mailto:seniorcenter@westportct.gov)

Our newsletter is available on  
the [WCSA website](https://www.westportct.gov/wcsa).

Search us on Facebook by typing in  
**Westport Senior Center.**

# April—May—June

## Registration for Spring 2021 Classes!

### WCSA Phone Directory:

Main Number 203.341.5099

(answering machine after—hours)

Susan Pfister, MSW, Director

203.341.5098

Holly Betts, RD, Program Manager

203.341.5096

Jason Wilson, Assistant Program  
Manager 203.341.1066

Jacqueline Villalpando, Nutrition

Program Coordinator,

Hello Neighbor Program

203.341.5097

Denise Puskas, Administrative

Assistant 203.341.5095

Felicia Smith, Administrative

Assistant 203.341.5099

On the following pages, you will find a list of classes offered via Zoom for April, May, and June. Registration (see below) is available online, by phone (203.341.5099) Monday — Friday from 8:30 am — 4:30 pm, or by mailing your registration form with a check made out to the WCSA. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration and check. Please note: A \$10.00 late fee will be added for anyone registering after March 31 for any class that runs the entire semester. A 2021 Fitness Waiver is required for any exercise class and can be found on our [website](#). Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203.341.5098. All scholarship requests will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at 203.341.5099.**

*Registration for the Spring Quarter (April—May—June) will begin  
for Westport residents on Monday, March 8.*

*Out of town registration begins Monday, March 15.*

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**How to Register for Programs Online:** MyActiveCenter is an easy—to—use, secure software program that senior centers across the U.S. use to manage their different programs. With a MyActiveCenter account, you will be able to sign up for classes and special programs online. The MyActiveCenter website allows you to browse hundreds of activities happening at other senior centers in your area. Each participant of the WCSA will be issued their own log—in ID. If you register online you will pay for your classes and programs with a credit card. There is a convenience fee of 2.65% to use a credit card. **To obtain your MyActiveCenter log—in ID, please contact Felicia Smith, Administrative Assistant by email at: [Fsmith@westportct.gov](mailto:Fsmith@westportct.gov) or by phone (203.341.5099).**

The link for MyActiveCenter is: <https://myactivecenter.com/>.

### Memorial Day Holiday

The WCSA and Town Hall will be closed for Memorial Day on Monday, May 31.



**April—May—June 2021**

## Special Programs & Lunches!

To Register online: [www.myactivecenter.com](http://www.myactivecenter.com)

To access Zoom for the programs listed here, go to [zoom.com](https://zoom.com) and enter the Meeting ID and Passcode provided.



**Thurs. Apr. 1, Baseball Opening Day Drive — Thru Lunch & Watch Party:** Enjoy a baseball meal to-go with a grilled hotdog on a bun, potato salad, peanuts, non-alcoholic beer, chocolate chip cookie, water. Meals may be picked up between 11:00 and 12:30 pm. Cost: \$8.00 per meal. Please order no later than Monday, Mar. 29. Join the WCSA staff from 2:15 — 3:15 pm. on Zoom for a watch party of “Barry Halper the Ultimate Baseball Memorabilia Collection”. (45 min.) **Zoom Meeting ID: 88974447789 Passcode: Watch**



### **Mon. Apr. 5, Focus on Contemporary Issues with Art Gottlieb:**

Historian Art Gottlieb will lead an in-depth discussion centered solely on one issue in the current news cycle. The featured topic will be examined from every relevant viewpoint and will include active input from the audience. Subject matter will be chosen near the actual presentation date. Those wishing to make suggestions of topics for discussion are invited to contact Mr. Gottlieb at [agott@optonline.net](mailto:agott@optonline.net). This program meets the first and third Monday of the month. Pre-register online at [myactivecenter.com](http://myactivecenter.com). **Time: 10:30 — 11:30 am.**



**Thurs. Apr. 8, A History of Food in Recipes:** Registered Dietitian and WCSA Program Manager, Holly Betts will discuss the history of Manchet Bread. In 79 AD, a baker put his loaf of bread into the oven. Nearly 2,000 years later it was found during excavations in Herculaneum where Mount Vesuvius erupted in 79 AD. The British Museum asked Chef Giorgio Locatelli to recreate the recipe as part of his culinary investigations for the cinema production 'Pompeii Live from the British Museum'. This program includes a short video with Chef Locatelli recreating this ancient bread and a recipe for manchet bread. Pre-register online at [myactivecenter.com](http://myactivecenter.com). **Time: 2:30 — 3:30 pm.**

**Tues. Apr. 13 & Apr. 20, Andree Brooks — How Trade Drove Jewish History:** Contrary to popular belief, it was not persecution that drove the narrative of Jewish history. Trade played a major role.



Why did Jews become renowned for their long-distance trading skills so early on? An advantage that led in time to their prominence (even today) in commerce and finance; and opened doors when their co-religionists needed an escape hatch and safe haven. Brooks is a journalist, author and lecturer. She has won many awards for her writings, books and print articles, most notably over 1,000 in the New York Times. **Time: 10:30 — 11:30 am.** Pre-register online at

[myactivecenter.com](http://myactivecenter.com)



**Thurs. Apr. 22, Earth Day Picnic Drive — Thru Lunch & Watch Party:** Enjoy an Earth Day Picnic to go of cucumber salad, chilled grilled chicken and rice salad, dinner roll, blonde brownie, and water. Cost: \$8.00. Meals may be picked up between 11:00 and 12:30 pm. Cost: \$8.00 per meal. Please order no later than Friday, Apr. 16. Join the WCSA staff from 2:15 — 3:00 pm. on Zoom for a live program and show & tell on the mammal residents at Earthplace.



**Zoom Meeting ID: 88974447789 Passcode: Watch**

## April—May—June 2021

### Special Programs & Lunches!

To Register Online: [www.myactivecenter.com](http://www.myactivecenter.com)

To access Zoom for the programs listed here, go to [zoom.com](https://zoom.com) and enter the Meeting ID and Passcode provided.



**Wed. May 5, Cinco de Mayo Drive —Thru Lunch & Watch Party:** The WCSA will be celebrating Cinco de Mayo Day with grilled chicken and mild pico de gallo, roasted vegetables, Spanish rice, Mexican bread pudding, water. Meals may be picked up between 11:00 and 12:30 pm. Cost: \$8.00 per meal. Please order no later than Friday, April 30. Pre—register online at [myactivecenter.com](http://myactivecenter.com) Join the WCSA staff from **1:30 — 2:15 pm.** on Zoom for a watch party of Peter Greenberg's "Mexico the Royal Tour". (42 min.) **Zoom Meeting ID: 88974447789** **Passcode: Watch**



**Thurs. May 13, A History of Food in Recipes:** Registered Dietitian and WCSA Program Manager, Holly Betts will discuss the history of Baklava. Baklava is a layered pastry dessert made of filo pastry, filled with chopped nuts, and sweetened with syrup or honey. It was one of the most popular sweet pastries of the Ottoman empire. This program includes two short videos on how to make baklava and how filo is made from scratch. Pre—register online at [myactivecenter.com](http://myactivecenter.com). **Time: 2:30—3:30 pm.**



**Fri. May 28, Memorial Day BBQ Drive —Thru Lunch & Watch Party:** Welcome the beginning of Summer with a BBQ to—go followed by a watch party of the U.S. Army Band Summer Concert video. Menu: cheeseburger, hotdog, coleslaw, potato chips and pudding cup. Meals may be picked up between 11:00 and 12:30 pm. Cost: \$8.00 per meal. Please order no later than Monday, May 24. Pre—register online at [myactivecenter.com](http://myactivecenter.com). Watch party on Zoom: **1:30 — 2:45 pm.** (77 min.) **Zoom Meeting ID: 88974447789** **Passcode: Watch**



**Thurs. June 10 & 24, Mona Garcia — European Rulers Lecture Series:** Mona Garcia returns to the WCSA to discuss Queen Victoria's grandson King George V and his wife Queen Mary of Teck of England and King Constantine & Queen Victoria's granddaughter Queen Sophia of Greece. Dr. Garcia taught European history at the college level and lectures on European rulers and royalty. **Time: 1:30 — 2:30 pm.** Pre—register online at [myactivecenter.com](http://myactivecenter.com)



**Fri. Jun. 25, Welcome Summer BBQ Drive —Thru :** Celebrate the start of Summer with BBQ chicken, macaroni and cheese, broccoli salad and ice cream in honor of National Dairy Month. Meals may be picked up between 11:00 and 12:30 pm. Cost: \$8.00 per meal. Please order no later than Monday, June 21. Pre—register online at [myactivecenter.com](http://myactivecenter.com)





## April—May—June

## Special Programs & Support Groups

To Register Online: [www.myactivecenter.com](http://www.myactivecenter.com)



**Yogalates:** Yogalates is sometimes thought of as a fusion practice of "East meets West," because it merges the ancient Indian practice of yoga with the Western practice of Pilates. It is said to harness the physical and mental benefits of both practices, and its advocates describe it as a comprehensive exercise system. Instructor: Jeannie Stevens—Labate Dates: **Tues. Apr. 6 — Jun. 29** Time: 9:00 —10:00 am. Cost: \$52.00. Pre—register online at [myactivecenter.com](http://myactivecenter.com)



**BINGO Thursdays!:** The WCSA will continue to offer virtual BINGO via Zoom. If you do not have access to the internet, you can also call in from your telephone. BINGO cards can be downloaded online and printed at home or mailed to your home upon request. We will send you a link with instructions when you register. There is no charge for playing BINGO. Prizes will be awarded for each game winner. **BINGO will meet the first and third Thursday of the month from 1:15 —2:00 pm.** All BINGO participants must register at least 48 hours in advance by calling the WCSA at 203.341.5099. **Special Lunch Offer for Westport Residents:** The WCSA is offering a to-go lunch for \$8.00 per person on BINGO day. A volunteer will deliver a lunch and 4 BINGO cards to your home by Noon. Please call 203.341.5099 to reserve your lunch at least 48 hours in advance. *BINGO menus are posted online at [www.myactivecenter.com](http://www.myactivecenter.com), on the WCSA [web page](#) and in the weekly email newsletter.*

**"Shelf Awareness" Book Club:** Join the book club facilitated by Jill Meyer. The club will meet on the second Wednesday of the month from 2:00 — 3:00 pm. via Zoom. The **April 14** selection is "A Marriage of Opposites" by Alice Hoffman. The **May 12** selection is "A Man Called Ove" by Frederic Backman, and **June 9** is "The Plot Against America" by Phillip Roth. Participants are required to get their own books. Books and Kindle versions are available at local libraries as well as on line or at local bookstores. Limit: 10 participants. Pre—register online at [myactivecenter.com](http://myactivecenter.com)



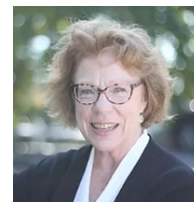
**Parkinson's Support:** Facilitated by Maureen Matuszewski and Alison Smith, this group will share challenges, techniques, support and knowledge. Professional guest speakers are often invited to share their knowledge. Family and caregivers are welcome. **This program meets the fourth Wednesday of the month : April 28, May 26, and June 23 from 10:15 — 11:00 am.** Pre—register online at [myactivecenter.com](http://myactivecenter.com)



**Afternoon Chat with Staff:** Visit with members of the WCSA team from your home via Zoom. This is an opportunity for you to keep in touch with the staff and find out the latest news and happenings. **This group meets the third Tuesday of the month : April 20, May 18 and June 15 from 3:30 — 4:15 pm.** Pre—registration is required. **Zoom Meeting ID: 891 7866 8288 Passcode: Coffee**

**Mindful Healing: Finding Peace in the Storm:** Learn how to face and transform stress, pain and illness, manage anxiety and be comfortable with uncertainty. Cultivate resilience to respond to life's challenges and keep a positive attitude. Connect with and develop inner resources and learn practical skills to work with and process difficult emotions of fear, grief and anger. Learn mindfulness meditation as we train the mind and open the heart to awaken joy, kindness and compassion. Facilitator: Dr. Paul Epstein. **This program meets every Thursday from 11:00 am. to Noon.** Pre—register online at [myactivecenter.com](http://myactivecenter.com)

**WCSA Caregiver Support:** Terry Giegengack, MA will be facilitating this caregiver support group. The group meets twice a month to share their challenges and successes when taking care of a loved one. Terry's professional experiences include casework and administrative positions, both in Westport and Fairfield's Departments of Human Services. She is a graduate of Fairfield University with a Master's degree in Counseling and Continuing Education. Please contact Holly Betts, Program Manager at 203—341—5096 or via email: [hbetts@westportct.gov](mailto:hbetts@westportct.gov) to register. **This group meets the first and third Wednesday of the month: April 7 & 21, May 5 & 19, and June 2 & 16 from 10:00 — 11:00 am. Cost: Donations accepted.**



**Let Go of Stress & Tension:** Let Go of Stress and Tension, is a new class with Deirdre Ekholdt, LCSW. Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class you will be guided through proven stress techniques including mindfulness, breathing and guided imagery to experience a state of deep relaxation. **This program meets the first & third Wednesday of the month,: April 7 & 21, May 5 & 19, and June 2 & 16 from 1:30 — 2:30 pm.** Pre—register online at [myactivecenter.com](http://myactivecenter.com)

**Just for Women:** This group will be an open forum for discussion via Zoom. Personal stories will remain strictly confidential. Channe Fodeman , LCSW will facilitate. Channe specializes in clinical social work in Fairfield County and has over 46 years of experience in the field. **This program meets the first and third Thursday of the month: April 1 & 15, May 6 & 20, and June 3 & 17 from 3:30 — 4:15 pm.** Pre—register online at [myactivecenter.com](http://myactivecenter.com). Limit 15.



**Monthly Documentaries on YouTube:** A documentary film will be featured every week on our YouTube channel. Look for details on the title and description of each film in our weekly email newsletter sent every Friday. If you have a documentary title that is less than 90 minutes that you would like to share, please call or email Program Manager, Holly Betts at: 203.341.5096 or [hbetts@westportct.gov](mailto:hbetts@westportct.gov).  
**YouTube Channel:** [https://www.youtube.com/channel/UCtWUG2WbaoYxUAWgkx9Rfig/playlists?view\\_as=subscriber](https://www.youtube.com/channel/UCtWUG2WbaoYxUAWgkx9Rfig/playlists?view_as=subscriber)

**April—May—June**

## WCSA Programs on the Internet & TV !



### The WCSA YouTube Channel for Seniors with Classes, Concerts & Programs

Check out our WCSA YouTube channel with fun and educational activities. Unlike Zoom, you only need access to the internet to participate in a variety of free classes, documentaries and fun activities. Many of the Friday afternoon Friends' concerts and other past programs can be found on our YouTube channel. You'll even recognize some of our own instructors including **Shelley Moll with Aerobic Chair class**, **Ruth Sherman with Parkinson's Fitness**, **Dr. Paul Epstein with Mind as Healer** and **Art Gottlieb with Coping with COVID videos**. Simply click on the link below and it will take you to the WCSA's YouTube channel. Once there click on "Playlist" to see the WCSA videos. **WCSA YouTube Channel:** [https://www.youtube.com/channel/UCtWUG2WbaoYxUAwgxk9Rfjg/playlists?view\\_as=subscriber](https://www.youtube.com/channel/UCtWUG2WbaoYxUAwgxk9Rfjg/playlists?view_as=subscriber)

### Channel 79 Optimum:

**Exercise Your Mind & Body with Patty Kondub:** Exercise instructor Patty Kondub will be conducting a fun exercise class on the Westport Public Access TV Channel 79, and Channel 6020 (Frontier customers) every **Friday morning from 10:00 — 11:00 am. and Sunday afternoon from 1:00 pm. to 2:00 pm.** Join Patty for a workout to music with chair and standing exercises, balance, brain building, memory games and posture exercises. Weights or cans and a pillow may be required. Patty is the girl's Golf Coach at Staples High School and teaches water aerobics at the Westport Weston Family YMCA. Sponsored by the Friends of the WCSA.



## Computer/Tech Help

**Zoom 101: Learn to Use Zoom:** Zoom is a video—conferencing service offered on the Web. Many businesses, organizations and families are using this website to stay connected during the COVID—19 pandemic. Assistant Program Manager, Jason Wilson will be available every Wednesday on Zoom to help you learn to use the Zoom website. Zoom 101 will meet from **12:00 — 1:00 pm. on Wednesdays.** To sign up, please email Jason at: [jwilson@westportct.gov](mailto:jwilson@westportct.gov). **Zoom link: Meeting ID: 872 7446 5121 Passcode: Help**

**On-line Tech Help With Andree Brooks:** Andree Brooks from our Tech Club is now available for one—on—one tech help. Andree will assist you over the phone with your computer tech questions such as signing in, password re—set, downloading and uploading files. **For an appointment, please call 203.341.5099.**

**On-line Tech Help With The SMORES:** SMORES stands for **Social Media Outreach Educators** and is comprised of Staples High School students. The SMORES are available to help those who may struggle with electronic devices — particularly cell phones, iPads, and social media sites such as Facebook and Instagram. **For an appointment please contact Jason Wilson at 203.341.1066.**

# Westport Center for Senior Activities

## Zoom Classes Spring 2021/Apr.—May—June



The WCSA is pleased to offer classes on Zoom. **To register for any of the Zoom classes listed below**, the WCSA offers online registration at [www.myactivecenter.com](http://www.myactivecenter.com). Staff will also help you register over the phone or you may register by mail. You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note: Some classes have limited space and will be filled on a first come first served basis. Registration is on—going and **all classes on Zoom require pre-registration**. There is a locked drop box located outside the front door of the WCSA for your convenience to drop off your checks and registration forms. Class descriptions are available on the WCSA website: <https://www.westportct.gov/government/departments—a—z/human—services/center—for—senior—activities>

| WCSA Online Classes Spring 2021: Writing & Art               | Instructor     | Dates     | Cost | Total sessions | No Class Dates |
|--|----------------|-----------|------|----------------|----------------|
| Bringing the Outdoors In, Thurs. 1:00 pm. <i>Limit 20</i>    | Chris Goldbach | 4/8—6/24  | \$44 | 11             | 5/27           |
| Drawing Mixed Levels, Thurs. 4:00 pm. <i>Limit 15</i>        | Chris Goldbach | 4/8—6/24  | \$44 | 11             | 5/27           |
| Drawing Flowers, Session I. Tues. 1:00 pm. <i>Limit 18</i>   | Dick Rauh      | 4/6—5/11  | \$24 | 6              |                |
| Drawing Flowers, Session II. Tues. 1:00 pm. <i>Limit 18</i>  | Dick Rauh      | 5/25—6/29 | \$24 | 6              |                |
| Pastels in Spring, Fri. 10:00 am. <i>Limit 12</i>            | Lisa Arnold    | 4/9—5/21  | \$28 | 7              |                |
| 3—D Origami w/Nor, Wed. 10 am. <i>Limit 6</i>                | Nor Smitobol   | 4/7—6/30  | Free | 13             |                |
| Continue to Play the Ukulele, Tues. 1:00 pm. <i>Limit 12</i> | Wendy Matthews | 4/6—6/29  | \$52 | 13             |                |
| Knit One Nibble One, Tues. 1:00 pm.                          | Ellen Lane     | 4/6—6/29  | Free | 13             |                |
| Advanced Writers Workshop, Tues. 10:30 am. <i>Limit 8</i>    | Jan Bassin     | 4/13—5/25 | \$56 | 7              |                |
| Advanced Writers Workshop, Tues. 1:30 pm. <i>Limit 8</i>     | Jan Bassin     | 4/13—5/25 | \$56 | 7              |                |
| Advanced Writers Workshop, Wed. 10:30 am. <i>Limit 8</i>     | Jan Bassin     | 4/14—5/26 | \$56 | 7              |                |
| Advanced Writers Workshop, Thurs. 10:30 am. <i>Limit 8</i>   | Jan Bassin     | 4/15—5/27 | \$56 | 7              |                |
| Advanced Writers Workshop, Thurs. 1:30 pm. <i>Limit 8</i>    | Jan Bassin     | 4/15—5/27 | \$56 | 7              |                |
| Write with Us!—Writing Prompt Workshop Wed. 2:00pm           | Jan Bassin     | 4/14—5/26 | \$28 | 7              |                |



**Westport Center for Senior Activities**  
**Zoom Classes Spring 2021/Apr.—May—June**  
**\*Zoom Classes Require Pre-registration\***



| <b><u>WCSA Online Classes Spring 2021: Exercise</u></b>      | <b>Instructor</b>      | <b>Dates</b> | <b>Cost</b> | <b>Total sessions</b> | <b>No Class Dates</b> |
|--|------------------------|--------------|-------------|-----------------------|-----------------------|
| Tai Chi Intermediate, Mon. 10:30 am.                         | Mari Lewis             | 4/5—6/28     | \$48        | 12                    | 5/31                  |
| Tai Chi Beginner's, Wed. 10:00 am.                           | Mari Lewis             | 4/7—6/30     | \$52        | 13                    |                       |
| Tai Chi Advanced, Fri. 11:15 am.                             | Mari Lewis             | 4/2—6/25     | \$52        | 13                    |                       |
| Weights in Motion, Mon. 9:30 am.                             | Shelley Moll           | 4/5—6/28     | \$48        | 12                    | 5/31                  |
| Zen Flow, Wed. 9:30 am.                                      | Shelley Moll           | 4/7—6/30     | \$52        | 13                    |                       |
| Cardio Strength, Fri. 9:30 am.                               | Shelley Moll           | 4/2—6/25     | \$52        | 13                    |                       |
| Dance & Stretch, Tues. 2:30 pm.                              | Sandy Adamczyk         | 4/6—6/22     | \$44        | 11                    | 4/13,6/29             |
| Strength Training, Mon. 1:00 pm.                             | Sandy Adamczyk         | 4/5—6/21     | \$40        | 10                    | 4/12,5/31,6/29        |
| Strength Training, Wed. 10:00 am.                            | Sandy Adamczyk         | 4/7—6/23     | \$44        | 11                    | 4/14,6/30             |
| Strength Training, Fri. 10:00 am.                            | Sandy Adamczyk         | 4/2—6/25     | \$48        | 12                    | 4/16                  |
| Pilates, Mon. 3:15 pm.                                       | Jeannie Labate         | 4/5—6/28     | \$48        | 12                    | 5/31                  |
| Pilates, Thurs. 10:45 am.                                    | Jeannie Labate         | 4/1—6/24     | \$52        | 13                    |                       |
| <b>*NEW</b> Yogalates, Tues. 9:00 am.                        | Jeannie Labate         | 4/6—6/29     | \$52        | 13                    |                       |
| Yoga, Total Health, Mon. 8:45 am.                            | Denise O'Hearn         | 4/5—6/21     | \$44        | 11                    | 5/31                  |
| Yoga, Total Health, Wed. 8:45 am.                            | Denise O'Hearn         | 4/7—6/23     | \$48        | 12                    |                       |
| Yoga, Total Health, Fri. 8:45 am.                            | Denise O'Hearn         | 4/9—6/25     | \$48        | 12                    |                       |
| Yoga for Strength, Relaxation & Rejuvenation, Sat. 10:00 am. | Maria Vailakis—Wippick | 4/3—6/26     | \$52        | 13                    |                       |
| Yoga Very Gentle, Chair, Sat 11:15 am.                       | Maria Vailakis—Wippick | 4/3—6/26     | \$52        | 13                    |                       |

# Westport Center for Senior Activities

## Zoom Classes Spring 2021/Apr.—May—June

**\*Zoom Classes Require Pre-registration\***



| <b>WCSA Online Classes Spring 2021: Exercise</b> | <b>Instructor</b>      | <b>Dates</b> | <b>Cost</b> | <b>Total sessions</b> | <b>No Class Dates</b> |
|--|------------------------|--------------|-------------|-----------------------|-----------------------|
| Yoga Beginning, Thurs. 3:00 pm.                  | Maria Vailakis—Wippick | 4/1—6/24     | \$52        | 13                    |                       |
| Rise & Shine Yoga Thurs. 7:45 am.                | Paula Schooler,RN      | 4/1—6/24     | \$52        | 13                    |                       |
| Rise & Shine Yoga Sat. 8:45 am.                  | Paula Schooler,RN      | 4/3—6/26     | \$52        | 13                    |                       |
| Yoga Wellbeing, Tues. 7:45 am.                   | Paula Schooler,RN      | 4/6—6/29     | \$52        | 13                    |                       |
| Slow Flow Yoga, Thurs. 11:45 am.                 | Paula Schooler,RN      | 4/1—6/24     | \$52        | 13                    |                       |
| Essentrics/Gentle Stretch Mon. 11:00 am.         | Dyan DeCastro          | 4/5—6/28     | \$48        | 12                    | 5/31                  |
| Essentrics/Gentle Stretch Thurs. 10:30am.        | Dyan                   | 4/1—6/24     | \$52        | 13                    |                       |
| Zumba Gold, Wed. 10:30 am.                       | Karen Liss             | 4/7—6/30     | \$52        | 13                    |                       |
| Muscle & Tone, Tue. 10:00 am.                    | Judy Samuels           | 4/6—6/8      | \$40        | 10                    |                       |
| Muscle & Tone, Thurs. 1:00 pm.                   | Judy Samuels           | 4/1—6/3      | \$40        | 10                    |                       |

| <b>WCSA Online Classes Spring 2021: Language/Wellness</b>     | <b>Instructor</b> | <b>Dates</b>         | <b>Cost</b>        | <b>Total Sessions</b> | <b>No Class Dates</b> |
|---|-------------------|----------------------|--------------------|-----------------------|-----------------------|
| Intermediate French, Wed. 2:30 pm.                            | Nell Mednick      | 4/7—6/30             | \$52               | 13                    |                       |
| Conversational French, Wed. 1:00 pm.                          | Nell Mednick      | 4/7—6/30             | \$52               | 13                    |                       |
| Mindful Healing: Finding Peace in the Storm, Thurs. 11:00 am. | Dr. Paul Epstein  | 4/1—6/24             | Free               | 13                    |                       |
| Parkinson's Support, Wed. 10:15 am.                           | Maureen & Alison  | 4 <sup>th</sup> Wed. | Free               | 3                     |                       |
| Just for Women, Thurs. 3:30 pm.<br><i>Limit 15</i>            | Channe Fodeman    | 1st & 3rd Thurs.     | Free               | 6                     |                       |
| Caregiver Support, Wed. 10:00 am.                             | Terry Giegengack  | 1st & 3rd Wed.       | Donation Suggested | 6                     |                       |

## Westport Center for Senior Activities

### Zoom Classes Spring 2021/Apr.—May—June

**\*Zoom Classes Require Pre-registration\***



| WCSA Online Classes Spring 2021             | Instructor     | Dates          | Cost | Total Sessions | No Class Dates |
|---|----------------|----------------|------|----------------|----------------|
| Afternoon Chat w/ WCSA Staff Tues. 3:30 pm. | Staff          | 3rd Tues.      | Free | 3              |                |
| Current Events, Fri. Noon                   | Jon Fox        | 4/2—6/25       | Free | 13             |                |
| Current Issues Mon. 10:30 am.               | Art Gottlieb   | 1st & 3rd Mon. | Free | 6              |                |
| Letting Go of Stress Wed. 1:30pm.           | Deidre Ekholdt | 1st & 3rd Wed. | Free | 6              |                |
| Shelf Awareness Book Club Wed. 2:00 pm.     | Jill Meyer     | 2nd Wed.       | Free | 3              |                |



### AARP Tax Prep for Westport Seniors

The Town of Westport has teamed up with Virtual VITA, the local IRS volunteers that have been preparing your taxes for years to help file your 2020 tax return. From the safety of your home you can access the secure online service to scan and upload your ID's and tax documents. Then you will be able to make an appointment to meet with your tax preparer online. For those who are unable to scan documents from home there will be limited appointments in the vestibule of WCSA every Tuesday and Thursday starting on 1/25/21 through 4/15/21. For more information, [click here](#) or call the WCSA at 203.341.1071 for further assistance.



## April—May—June



### CHOICES and Medicare Assistance

Westport residents may request assistance from CHOICES certified counselors to help you with your questions regarding Medicare coverage. For more information on Medicare, visit <https://www.medicare.gov/>. Please call 203-341-5099 to schedule a virtual appointment.

### Resources for COVID—19 Vaccinations:

The State has begun the process of providing COVID—19 vaccinations. Information on signing up to receive a vaccination is updated frequently. For more information please visit the WestportWeston Health District COVID - 19 page <http://wwhd.org/> or the [State of Connecticut Vaccination website](#). If you don't have a computer or email, you can register by phone at the State of Connecticut Department of Health vaccination phone number: 1—877—918—2224 or call 211 for assistance.

### "Hello Neighbor!" A Westport Caring Calling Program

The Department of Human Services and the WCSA have announced an exciting community program that connects caring volunteers with Westport seniors. "Hello, Neighbor" provides a warm community connection through weekly phone calls, encouraging fellowship, and combating loneliness. Phone calls are purely social and conversational. Get to know your neighbors! We are all in this together. Once paired, you can establish a mutually convenient time to chat with your volunteer partner. To sign up for calls, please [click here](#) to complete the request form or contact Jacqueline Villalpando at 203.341.5037 or via email at [helloneighbor@westportct.gov](mailto:helloneighbor@westportct.gov) for details. If you know of someone who would benefit from a friendly conversation, please let them know that many Westporters are ready to chat!

**"Hello Neighbor!" Contactless Grocery Assistance for Seniors!** Westport's "Hello, Neighbor" Program is expanding to include Contactless Grocery Assistance for seniors! Starting February 14, 2021, Westport seniors wishing for assistance with basic grocery runs now have a reliable and safe delivery option with a caring neighbor's help. No apps or membership fees, just simple acts of kindness to help when needed! Volunteer shoppers undergo a background check before being matched with a screened senior resident requesting assistance. To volunteer, request assistance, or to learn more, please go to [www.westportct.gov/helloneighbor](http://www.westportct.gov/helloneighbor) or call Jacqueline Villalpando at 203.341.5097.



### Sign—up for NIXLE the Emergency Communications System for Westport

Westport recently moved from CODE—RED to NIXLE for emergency communications. Register or update your information at [www.Nixle.com](http://www.Nixle.com) for instant updates of neighborhood—level, public safety and related emergency messages right to your home, email or cell phones. To get important local alerts you must sign up by texting 06880 to 888777 or sign up at [www.Nixle.com](http://www.Nixle.com).



## Programs to Enjoy From Home!

**The Westport Library:** The library building is open by appointment only but has many virtual programs to enjoy from home! The Library will provide 30—minute in—person appointments Monday through Friday from 10:00am to 6:00pm, and on Saturday from 10:00am to 5:00pm for patrons wishing to browse the collection, speak with a librarian, utilize a computer, or shop in the Library Store. To make an appointment to browse the collection or speak with library staff go to <https://form.jotform.com/203445649937164>, or call 203.291.4800. Visit the library website for a list of virtual programming at <https://westportlibrary.org/>



**Westport Museum for History & Culture:** Westport Museum for History & Culture (WM), is a cultural and educational organization dedicated to preserving, presenting and celebrating the history of Westport since its founding in 1889. The museum offers virtual exhibits, interactive online programs and socially distant walking tours. For more information go to:

<https://westporthistory.org/> or call 203.222.1424.

**Paley Center for the Media:** Located in New York and California, the Paley Center founded by William S. Paley is the world's foremost institution dedicated to collect and preserve the best of television and radio programming and advertising. The Paley Center leads the discussion about the cultural, creative, and social significance of television, radio, and emerging platforms for the professional community and media—interested public. Paley@Home offers new weekly programming with your favorite stars revealing behind—the—scenes stories, plus enriching educational offerings to help with smart and fun remote learning at home, all presented with their valued partners at Citibank. For more information go to: <https://www.paleycenter.org/paleyathome/>



**National Baseball Hall of Fame:** Major League Baseball has scheduled opening day for the 2021 season for April 1st! The Baseball Hall of Fame is located in Cooperstown, NY and is dedicated to preserving the history of Baseball. The Museum remains committed through its “Safe at Home” initiative to delivering educational and entertaining content throughout the world. This engaging virtual content allows fans of all ages to learn the game’s history, explore its connection to global culture and experience the magic of the Museum from afar. For more information go to:

<https://baseballhall.org/discover/safe—at—home>



**Chicago Symphony Orchestra:** Now celebrating its 129th season, the Chicago Symphony Orchestra is consistently hailed as one of the greatest orchestras in the world. In September 2010, renowned Italian conductor Riccardo Muti, became its tenth music director. His vision for the Orchestra — to deepen its engagement with the Chicago community, to nurture its legacy while supporting a new generation of musicians, and to collaborate with visionary artists — signals a new era for the institution. The Chicago Symphony Orchestra offers a variety of digital content to help keep music in patrons’ lives. For more information go to: <https://cso.org/fromhome>



## EXERCISE YOUR BRAIN AT HOME WITH LOCAL PROGRAMS

There are several local non—profit organizations in our area that offer seniors an opportunity to learn and expand their knowledge. **Lifelong Learners** is managed through the Bigelow Center for Senior Activities. **Lifetime Learners** is managed by the Lifetime Learners Institute at Norwalk Community College. In addition, the Town of Westport offers Continuing Education. At the present time all programs offer virtual classes making it possible for you to attend class without leaving home! Below you will find a description of the programs. The links will direct you to their websites with details of how to register.

**Lifelong Learners at the Bigelow Senior Center:** The Bigelow Center for Senior Activities is pleased to present Lifelong Learners. Lifelong Learners is a not—for—profit, community—based membership organization of those who share a love of learning. All sessions are held virtually. There are no prerequisites or mandatory assignments — just a relaxed, casual learning experience to enjoy at your own pace. All classes are taught by distinguished instructors, many of whom are asked to return each year because of their popularity and the unique insights they bring to their respective subjects. Courses run from 3 to 6 weeks meeting once a week. Lifelong Learners offers classes in history, art history, art appreciation, ethics and more. The tuition is \$20 per course, plus a \$15 registration fee which is valid from September through June each year. For more information about Lifelong Learners, please call the Bigelow Center at 203. 256.3166 or visit their website at <https://fairfieldct.org/lifelonglearners>

**Lifetime Learners Institute at Norwalk Community College:** Lifetime Learners Institute (LLI) at Norwalk Community College is a non—profit organization of adults over age 50, interested in lifelong learning. The organization’s purpose is to offer interesting non—credit educational courses developed and taught by LLI instructors on subjects such as history, current events, literature, humanities, art, music, science, nature, theater, movies and more. Affiliated with Norwalk Community College, LLI believes that growth, through continuing education and social engagement, is the secret to staying vital. LLI offers approximately 40 courses each Spring and Fall as well shorter Summer and Winter Sessions. LLI’s more than 800 members come from all over Fairfield and Westchester counties. LLI is run by member volunteers, plus one paid part—time office manager. For more information visit: <http://lifetimelearners.org/> or send an email to: [Info@Lifetimelearners.org](mailto:Info@Lifetimelearners.org)

**Westport Continuing Education Online Learning:** Westport Continuing Education offers a wide range of affordable and convenient courses that you can take online in partnership with [ed2go](https://www.ed2go.com). We invite you to explore opportunities to gain new skills or hobbies at <https://www.ed2go.com/westport>. Due to COVID—19, staff are currently working remotely. The Westport Continuing Ed website is <https://www.westportcontinuinged.com/>



If you have any questions, please email: [conted@westportps.org](mailto:conted@westportps.org).

# Nutrition Talk

[eatright.org](http://eatright.org)

## Healthy Lifestyle for Healthy Older Adults

*Reviewed by Esther Ellis, MS, RDN, LDN. [www.eatright.org](http://www.eatright.org).* Men and women are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults. You are never too old to enjoy the benefits of improved nutrition and fitness. With nutrient—rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life.

**Focus on Nutrient Density:** As adults age, they need fewer total calories, but higher amounts of some nutrients, especially protein, calcium and vitamin D. In terms of nutrition, you need to focus on quality not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all the food groups. The golden years definitely are not the time for extreme diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health.

**Enjoy the Power of Protein:** People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat also can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

**Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.

**Make Your Crackers Count.** Spread peanut butter or other nut butters on whole—grain crackers and eat them as snacks or alongside soup, chili or salad.

**Pump Up Your Eggs.** Mix grated, low—fat cheese or extra whites into scrambled eggs.

**Cook With Milk.** Use fat—free or low—fat milk rather than water to make soup or oatmeal.

**Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.



## Power Smoothie

- 1 small banana
- 1 cup frozen fruit
- 6 oz. plain no—fat yogurt
- 1 cup fresh, washed spinach
- 1 1/2 tbsp Dry Milk Powder

Put all ingredients in the blender. Mix and serve.  
Makes 1 serving.

### Nutrition Facts per Serving\*

- 307 calories
- 18 g protein (27%)
- 0.9 g total fat (1%)
- 6 mg cholesterol (2%)
- 240 mg sodium (10%)
- 60.6 g total carbs (22%)
- 559 mg calcium (22%)
- 2 mg iron (10%)
- 810 potassium (17%)

\*The % daily value is based on a daily diet of 2,000 calories a day. (recipe analyzed by Very well)





# BASEBALL Word Search



ASSIST  
AT BAT  
BUNT  
CARD  
CHAMPION  
CLUB  
DECK  
DOUBLE HEADER  
FIRST  
FOUL

GROUND BALL  
HELMET  
HITS  
LEAGUE  
LINEUP  
LOSE  
MITT  
NINE  
NO-HITTER  
OUT

PARK  
RUN  
SAVES  
SCORE  
STARTING PITCHER  
STEAL  
TAG  
THROW  
UNIFORM  
WALK

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**Our newsletter will only be published online.** You can get up—to—date details on programs by subscribing to our weekly Constant Contact email. You will receive an email every Friday. Please contact the front desk at 203—341—5099 to sign—up for the weekly Constant Contacts email of events with up—to—date programming information, as well as helpful resources for seniors. The newsletter and the calendar of events is also available online at <https://www.westportct.gov/government/departments—a—z/human—services/center—for—senior—activities>.



# The Westport Center for Senior Activities

## Registration Worksheet

Spring 2021

Registration for the April 1 — June 2021 semester can be done at [myActiveCenter.com](http://myActiveCenter.com), or by calling the WCSA at 203.341.5099, or by mailing or dropping off in our locked drop box, your completed registration form with a check made out to WCSA. If you register by phone or online, you must pay with a credit card at the time of purchase. Credit card transactions are subject to an additional fee of 2.65%. Phone registrations will be available from 8:30 am to 4:30 pm Monday — Friday. There will be **no** in-person registrations, as the Center remains closed due to COVID-19. Please do not leave your registration requests on the answering machine as they will not be honored. The WCSA has a locked drop box near the front door if you prefer to drop off your registration form with your check. *Please note: A \$10.00 late fee will be added for anyone registering after March 31<sup>st</sup> for any class that runs the entire semester.* Scholarships for Westport residents are available by contacting WCSA Director Susan Pfister at 203.341.5098. All scholarship requests will be kept confidential. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks are to be made payable to WCSA.

| <u>Class</u>              | <u>Day(s)</u> | <u>Time(s)</u> | <u>Instructor</u> | <u>Fee</u> |
|---------------------------|---------------|----------------|-------------------|------------|
|                           |               |                |                   | \$         |
|                           |               |                |                   |            |
|                           |               |                |                   |            |
|                           |               |                |                   |            |
|                           |               |                |                   |            |
|                           |               |                |                   |            |
| LATE FEE...               |               |                |                   |            |
| TOTAL PAYMENT<br>DUE..... |               |                |                   | \$         |

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Westport Resident? \_\_\_\_ Yes \_\_\_\_ No      Date: \_\_\_\_\_

\*Email address: \_\_\_\_\_

*\*Required for all online classes*